

# Mount Isa Athletics

## PRESS RELEASE

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The Mount Isa Athletics Club's two Master Athletes and coaches David 'Coach Awesome' Scott and Ken Dickson recently returned from the Gold Coast where the pair competed in the Queensland Masters State Decathlon Championships.

Decathlon is an athletic event that consists of 10 events 100m, 400m, 1500m, Hurdles, Long Jump, High Jump, Pole Vault, Shot Put, Discus and Javelin, set across a two day period. Each event accumulates points relative to the result achieved in each event. In the case of Masters Decathlon results an "age adjustment" is also applied to the result allowing athletes across varying age groups to compare results.

The preparations for the pair was hindered from the get go with illness and injury hampering them along the way. Even though their personal goals were not met the pair both returned with positives from the weekend.

David's preparations were on track until illness hit him only days before the event.

"I was ambitious of beating my Decathlon score from the Townsville ANQ Championships but my hopes were quickly dashed on the first day after recovering from the flu a few days earlier." David said. "I fell 176 points behind my target on the first day which proved too big a task to recover on the more difficult day two."

"My day 2 was better than expected and I managed to pull back 76 points with 3 season PB's and an equal all time height in Pole Vault on unfamiliar poles, but the task was too big."

'I came out of the weekend a little disappointed in a few performances but overall happy with my 3 PB's and bettering my day 2 results.'

"Decathlon is a strange event mentally, even though I managed to come home with a gold medal you tend to gauge your own performance on your overall points and goals"

Dickson's story was a little more traumatic. On the last day of the club season he pulled a calf muscle in a 200m grudge race with a number of the clubs teenagers this led to two weeks of intense physiotherapy before the ANQ Championships. All was looking in order until he hit the warm-up track and re-aggravated the injury. The motto of the North Queensland masters decathletes is "The only excuse is surgery" so he soldiered on to complete the decathlon with a few DNF's (did not finish) in the track events. Now having six weeks to prepare for the States it was back to the Physio and all seemed on track. 10 days out it was decided that the calf would need to be tested over the hurdles to see how it would hold up. The calf was fine until he clipped the first hurdle with his right foot raking it down his injured left calf leaving an instant rather solid bruise. This however was not an issue for the event.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

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Feeling as prepared as they could be the pair headed off to the Gold Coast to compete. David was feeling quite recovered from his flu and Ken's was still in one piece, until Friday night when he came ill and was up most of that night. As no surgery was required he lined up for the Decathlon on Saturday only to this time pull a Medial Hamstring in the warm-up something he suspects was caused by the amount of time he was 'sitting down' throughout the night. Determined that he wasn't going to waste his trip he still competed posting significantly lower times and distances. Come Sunday morning the hamstring was feeling a little better so he tested it over a few hurdles and all seemed ok to continue.

"I was going all right in the hurdles and actually ahead of a couple of the guys but when I cleared the fifth hurdle it felt like someone shot me in the calf with a rifle and off I hobbled with a few choice words under my breath"

"I still didn't need surgery so off to Discus after some ice application, Dave and I were trying to work out how we could incorporate some sort of turn into my throw without putting any extra weight on my left leg. It paid to bring another coach with me as Dave suggested I just step across the ring instead of doing a full turn. This worked quite well however I did put a couple out of sector"

"The positives I took home from the weekend were that I bettered my injured Townsville Decath by about 500 points and as I have just entered the 50-54yr age group I still managed to break the Mount Isa Club records in Shot, Discus and Javelin. As well as Dave and I met a bunch of new friends and caught up with a few old foes.

The pair has a very full calendar for 2016 with no less than six major competitions to attend as well as the regular club season. On their itinerary is the Queensland Masters State Championships in Townsville in early June, The North Queensland Games in Cairns late June, the ANQ Championships in Townsville in late September, Alice Springs masters games in mid October, the World Masters Athletic Championships in Perth in late October from which they will fly directly back to the Gold Coast for the Pan Pacific Masters Games in early November.